



## LAMOILLE NEIGHBORS

### Upcoming Events for October

If you need transportation or help registering for an event call Bonnie at 802-585-1233.



**October 28th and November 18th, Join the painting fun! Register [HERE](#).**

**November 7th, Full Moon Walk from 6-7 pm.** Great time to be outdoors, exercise and visit with friends. We will meet at the Manosh Rd. (parking area on left as you're heading up the Green River Dam Rd.) Click [HERE](#) to register. If you need further directions or have questions text or call Lisa at 802-233-4179.

**November 29th, Zoom gathering for conversation from 5-6 pm.** Let's get to know each other better and have some fun from the comfort of our homes. Click [HERE](#) to register.

### Ongoing Events

**November 2nd, Article Discussion Group on Zoom, every other Wednesday from 9-10AM.** We take turns choosing articles and no matter the topic it's a lively discussion. We are at our maximum amount of participants, but let us know if you're interested and we can start a second group or put you on a list for when there's an opening.

**Our monthly Coffee Hour, November 4th, 10:00 a.m.** at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. Masks are required. If you would like to participate, please call Bonnie at 802-585-1233 or register [HERE](#) .

**Yoga begins November 3rd for members and volunteers.** Weekly classes are Thursdays at the Lanpher Library in Hyde Park in the community room. The first class is 8:30-9:30, and the following classes will be 9-10. Please arrive in time to get settled prior to the start time and enter through the ramp in the back of the library. Faith Bieler is an amazing teacher and all levels are welcome. Please e-mail [lisadimondstein@me.com](mailto:lisadimondstein@me.com) if interested and not already registered.

**Zoom Arthritis Friendly Bone Building**, Tuesdays 1-2 p.m with Maxine Adams. Sponsored by Lamoille Neighbors and a grant from the Humanities Council. Email [maxineladams@gmail.com](mailto:maxineladams@gmail.com) if you'd like to join.

## Storytelling

**Our lives are a collection of stories, but they often remain only in our memories. As we age, our stories become more important, both to us and to those around us.**

**Lamoille Neighbors invites you to come tell your story!** We are seeking a grant from the Vermont Arts Council to fund a storytelling program that will help us learn how to share our stories with photography, in clay or through the written word. This 6 week course of 2 hour classes will run on Wednesdays from January 25 until March 1.

Participants can pick one of three tracks in which to develop a story: smartphone photography, hand-building with clay or writing. **Nan Carle Beauregard** will lead the photography, **Jude Prashaw** the hand-building, and **Melanie Viets** the writing. All three of these local teaching artists have extensive experience in developing good stories and working with seniors.

We will all meet as a group for the first Wednesday to learn more about storytelling in general. Then we'll break out into our smaller sessions. At the end of the course, we'll gather again to share our stories and discuss how to share them with a wider audience. Our plan is to have the first and last sessions from 10:00 a.m. to noon. We are still working on times on Wednesdays for the smaller workshops. Because this is a sequential course, we ask that participants commit to the full series of sessions.

We can provide transportation for those who don't drive and we can make accommodations that will enable you to participate if you can't join us in person.

We are asking you all to think ahead about joining us to engage in creative storytelling. Because this program is grant-dependent, we won't know for sure until the end of the year whether we get the funding or not to run it, but we want to be sure, if you are interested, that you have the dates and times in mind so you can plan accordingly. If you have questions, you can contact Wiffy Brooks at 781-956-9860 ([vbrooks68@gmail.com](mailto:vbrooks68@gmail.com)). Fingers crossed!

***Beth Springston has joined the Lamoille Neighbors board. We are thrilled to have Beth's skills and dedication to our mission. Welcome Beth!***



Beth grew up in Holliston, MA and graduated from Brandeis University. She then moved to San Francisco, obtained an MBA in Small Business Management, and became Controller for an engineering firm. Thirty years later she moved to Charlotte NC as Controller for another engineering firm and spent the last 10 years of her working life as the owner and manager of a geotechnical drilling company.

Volunteering has always been a big part of her life, including 30 years performing various roles in the League of Women Voters. Her final project for them was creating and running the statewide NC Candidate Voter Guide. She retired to Morrisville in 2019 and is keeping busy by volunteering as bookkeeper at the Hardwick Food Pantry, Treasurer at the Morrisville Food Co-op, and volunteer tax preparer through Capstone. She spent a term on the board of the Central VT Council on Aging.

While in Charlotte, Beth helped her parents through their last difficult years, and she has become much more familiar with the benefits and difficulties of aging in place. This led to her involvement with Lamoille Neighbors soon after she moved to Morrisville. After a lifetime of city life, she is enjoying the peace and beauty of Vermont.



On October 2nd, 19 folks enjoyed our last potluck luncheon for the year. It was a gorgeous fall day and as always the food and company was great. Thank you, Sue Moore, for hosting us.





### November Birthdays

Trudy Collins  
Caren Goodhue  
Judith Wrend  
Gary Banks



Two of our volunteers exercise with member Betty Polow every week in her home

Member and volunteer John Dudley shared [Autumn Leaves](#) by Eva Cassidy. Enjoy.

Central Vermont Council of Aging is seeking **creative companion volunteers** for their creative kit project. These folks receive the same art kits as everyone else, with the additional task of connecting with 2-5 other recipients by phone, video calling, or in person a few times per month to help motivate other participants. [Click here to read more](#)

### THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



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**Thank you to all the individual donors who help make Lamoille Neighbors successful.**